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COLEMAN, ALTA.

Hon. E. W. Hinman Guest At Coleman B. of T. Dinner

A gathering of well over 110 Crows' Nest Pass persons gathered at the Coleman Board of Trade meeting held in the Elks Hall Tuesday evening to hear the provincial treasurer, the Hon. E. W. Hinman speak on taxation. President of the Coleman Board of Trade L. B. Young welcomed the guests and called upon Mayor Frank Abousally to introduce William Kovach, M.L.A. of Hillcrest who in turn introduced Mr. Hinman.

In his opening remarks the minister dealt with the business of the government and its progress from the early days of confederation to the present, particularly pertaining to the advance of living standards, social legislation and the consequent demand upon the treasury of the government—municipal, provincial and federal. He referred to the general expectancy of the public as a whole to social services and continual pressure on governments for more services such as public health, roads, schools, colleges, etc. He reviewed the costs to the provincial government for the present social services and compared the past to the present standards of living and costs to the government to maintain the present standards. Mr. Hinman then reviewed the oil industry, its potential, duration and revenue to the government. He stated there could well be an end to financial troubles to the government from this source and the government must bear this in mind and prepare for such an eventuality and loss of revenue. Oil revenues, he stated, was used to pay off poor government loans and to create a reserve in case of need should resources fail.

He mentioned that another source of revenue was auto and truck business and that Alberta was second to California in number of cars per capita. He dealt with grants to municipalities, stating that present costs were exceeding the reserves for this purpose. He spoke of the heavy demands upon the treasury from all parts of the province and that by day the costs of the projects were increasing due to various factors and that present revenues would have to be increased from some source.

FORMS OF TAXATION

Mr. Hinman reviewed the possible sources of revenue and the various forms of taxation and the good and bad points to be considered. He stressed the point that in taxation, consideration must primarily be given to equality of distribution of taxation and the method and ease for government collection by the government. He said no tax should be an abusive tax. He then reviewed the various services now in effect and the costs to the government and the related taxes paid by the people, who live under various standards and do not pay proportionately for services received. The various forms of possible tax revenue was covered in his address and he stated that property taxes can be a regressive tax. Property and head taxes are not popular. Mr. Hinman dealt at length on the sales tax, giving some of the details of the advantages and disadvantages of such a tax. He mentioned it is regarded by the public as a nuisance tax.

Some of the outstanding points of this tax showed that 1% equalled 10 mills, and that last year a 5% sales tax would have dropped the property tax entirely. The difference in collections costs as compared to the present tax was 13% for our present tax compared to 4% for the sales tax, even if we give the merchant 2%. He also stated that the present buying on the deferred payment plan if stopped now, would equal 38% of our income for the next three years.

Mr. Hinman then spoke on the grant system of provincial government to schools and municipalities and said that thought was being given by the government to a distribution formula and he detailed the pros and cons to be considered in compiling such a formula.

Industrial assessment was then reviewed and the speaker gave the various points in favor and against industrial assessments. He

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

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New Pumper Received By Fire Brigade

A new 500 gallon pumper engine which will greatly aid to the efficiency of the Volunteer Fire Brigade, was received by Fire Chief J. Kinnear, Jr. this week. This pumper which was stationed in Blairmore, belongs to the Civil Defence unit of southern Alberta. It will be invaluable in fighting fires in the I. D. districts of Willow Drive, Grafton-town and East Coleman, where it is sometimes too far away from the water supply for the regular fire engine hoses to reach or in areas where there are no wells available. In other cases such as a large fire like the Cell block last year the pumper could be put into immediate operation, while the regular hoses were being connected with the hydrant, thus preventing serious loss to property.

This \$18,000 piece of equipment will be put to good use in Coleman. Each and every one of the Volunteer Fire Brigade will be trained to use this equipment properly Fire Chief Kinnear states

New Uniforms For Coleman

The Coleman Grands are proud possessors of new uniforms. The uniforms were bought by the club while crests and numbers were donated by the Grand Union Hotel.

The Grands old uniforms have been passed on to the local mid-get team who are badly in need of new uniforms.

The purchase of new uniforms was possible mainly through hockey fan support. We wish at this time to thank the fans and also hope they keep up the good support of the past.

Hockey costs money and without your support it would be a failure. So come on out and give the boys a moral as well as a financial boost.

Correction

Due to an error in printing the name of Mrs. Joyce Anderson as president of the Ladies' Auxiliary to the Canadian Legion was mis-spelled. We wish to apologize for this error.

stated that as of the present no decision has been reached by the government on any form of taxation to raise the needed revenue to meet the increasing costs of services. He said that a booklet would be distributed throughout the province. This booklet would review the various forms of possible taxation and that at some later date the public would be asked to make a decision on taxation.

Horace Allen, principal of the Coleman school, tendered a vote of thanks to the speaker, pointing out that the listeners had gained considerable clarification on treasury problems and taxation.

President of the board D. B. Young then called upon Mr. Hinman and presented the provincial treasurer with a gift of appreciation for his visit to the Pass. The original gift comprised a lovely brass mine safety lamp which had been converted to an electric lamp.

In making the presentation Mr. Young stated "that I hope this will not only light your way in taxation matters but also to Coleman." With regards to the great oil industry, we are a great coal mining town and you may rest assured that if we go down we will go down fighting. 1956 showed an increase of 85,000 tons over 1955 production, and 1957 looks as good."

Prior to the addresses a supper, prepared by the ladies of Coleman Order of the Royal Purple, was served. During the evening a program of entertainment was enjoyed which comprised an accordion solo by Leroy Eugene; duet accordion and piano by Shirley & Doreen Capron; piano solo by Miss L. D'Amico, eastern dance by Judy Hale and B. Macrolin, two selections by accordion trio Billy Stewart, Leroy Eugene and R. Anderson. Piano solo by Cynthia Bond, dance by Darlene Korman and an accordion solo by Doreen Capron.

Popular Lorna Dancoisne Queen Candidate in C. N. P. Winter Carnival



MISS LORNA DANCOISNE

The Coleman High School, backed by the Coleman Board of Trade, are willingly and hopefully sponsoring popular, well-liked Lorna Dancoisne as the Queen Candidate in the C. N. P. Winter Carnival to be held on February 8th, 9th and 10th at Blairmore.

Introducing Lorna Dancoisne:

Age -- 17 years. Born in Lethbridge and raised in Coleman. Student -- Coleman High School. Personality - Sparkling, striking and pleasing; one of the most popular girls in the 'Pass. Interests -- Skating, Curling, Bowling, Swimming, Tennis and Dancing. Vice-President of Coleman C.Y.O. and Coleman High School. Member of the church choir.

Lorna is the choice of both the High School pupils and the Board of Trade members who are hoping she will get over the top and be the representative for the Crows Nest Pass at Banff. Both organizations have already shown their enthusiasm and willingness to support her, by buying several tickets. But their support is not enough to win, so we feel confident in asking for the necessary co-operation and required support from the various organizations and particularly the citizens of Coleman in order that Lorna may get over the top and reach her so desired goal. So when a school student knocks at your door, be generous and think it as a contribution towards a worthwhile cause.

Join The Board of Trade

We commend the local Board of Trade in their efforts to bring progress to Coleman. This can only be done with the continued support of every business, industry, and progressive citizens. Membership has climbed to over 80 members, but it needs another 80 members. Just being a member is not enough, your help and voice is required at the meetings if the board is going to continue to advance the impression to outside areas that we are a "Live Wire Community". The Board's voice is heard in Government circles, and in many other places -- places of industry, and progress is measured by the people who want to go places generally look for a place that will go along with them. The adherence of every eligible member at the meetings will command considerably more attention, when the Board speaks. All that is required is to review the past record of your board of trade and it speaks for itself.

Every addition to the Board of Trade's membership, makes it better equipped to serve the town. Get behind your Board of Trade today. Let's see all of the regular members, plus many new ones at the next regular meeting. Let's really put Coleman on the map.

Transport Involved in 4 Vehicle Crash on No. 3 Highway, West Coleman, One Man in Hospital

A spectacular accident shortly after noon here Friday, resulted in serious injury to an Edmonton man and caused considerable damage to four vehicles.

Taken to Calgary hospital Friday night, was the driver of a large Prairie Pacific Transport truck trailer, Wilbur Green of Edmonton. He is said to be suffering from a fractured skull.

The accident occurred about one-quarter mile west of Coleman and involved the transport truck a coal truck, a car travelling east toward Lethbridge and a parked car.

A coal truck loaded with 15 tons of coal and driven by Geo. Dewart, was travelling east in front of a late model car. The car was driven by Dick Dwyer of Lethbridge. Directly behind the car was the transport truck.

As the vehicles were approaching a curve, the transport truck struck the back of the car. The car was driven about 150 feet down the road and came to rest facing west.

The big trailer continued on its course and plunged into the back of the coal truck, turning it over on its side. After hitting the coal truck, the transport vehicle left the highway, sheared off a tele-

phone pole and struck a car parked in a field along the road.

Owned by Jimmy Smith, of Coleman, only the fickle fate of nature spared another car damage next to the Smith car escape damage. This car was owned by Steve Squarek of Hillcrest.

Mr. James Montalbetti of the Coleman Trucking Co. was one of the first to reach the scene of the accident, and he stated he was amazed that the drivers of the transport came out alive.

Mrs. R. Seaman, who witnessed the crash, stated it seemed that the transport was out of control.

Driver of the transport was taken to the Crows Nest Pass Hospital and later moved to Calgary. His condition is described as fair. The co-driver of the trailer truck Glen Jahank, of Edmonton, and the driver of the car were uninjured. A passenger in the car, W. D. Benedict of Lethbridge, also escaped uninjured.

The tractor of the transport is a total wreck, while the coal-truck although tipped over, did not receive much damage.

The two cars were considerably damaged. The crash knocked out telephone services in the area for a short time.

St. Paul's United Church Senior W.A. hold Meeting

The regular meeting of the Senior group W.A. of St. Paul's United Church met recently at the home of Mrs. J. Rogers.

Officers for the year 1957 were appointed:

Mrs. W. Wilson-president.

Mrs. M. McKinnon-Sec. Treas.

A vote of thanks was given to Mrs. J. Nash, retiring president, for her faithful work for the past two years.

A delicious lunch was served by the hostess, Mrs. Jack Rogers.

Minerva Chapter O. E. S. Install Officers

At a recent meeting of the Minerva Chapter 41, Order of the Eastern Star, installation of officers for the term of 1957 took place.

The installing officer was Sis. C. Garner, ably assisted by Installing Marshal Sis. K. Park and Conductress Sis. C. Lonsbury. Sis. C. Knox was organist for the ceremonies.

Those chosen to take office for the coming year were:

Worthy Matron, Sis. Ange Wilson.

Worthy Patron, Bro. Wm. Lonsbury.

Associate Matron, Sis. Mary Wetters.

Secretary, Sis. Emily Guerard.

Treasurer, Sis. C. Garner.

Conductress, Sis. Irene Coover.

Associate Conductress, Sis. Elsie Wilson.

Chaplain, Sis. Kathleen Park.

Adah, Sis. Phyllis Jenkins.

Ruth, Sis. Charlotte Lonsbury.

Ether, Sis. Elizabeth Upton.

Martha, Sis. Joan Dunford.

Electa, Sis. Doreen Colwell.

Organist, Sis. Emily Owen.

Marshal, Sis. Muriel D'Amico.

Warder, Sis. Olga Sudworth.

Sentinel, Sis. Anne Murdoch.

Great Falls In Top Spot

Great Falls Americans, besides leading the Alberta - British Columbia - Montana Hockey League can claim leadership in team penalties and individual honors in scoring and penalties.

Their starry centre, Cal Quam, leads the stars with 16 goals and nine assists for a total of 25 points. He has an eight point margin over Ted Kryczka of Coleman who is credited with eight goals and nine assists.

Great Falls leads with 10 points, Cranbrook next with 8 points, Coleman third with 6 tied with Fernie who also have six points, with Michel in the cellar without a point.

Coleman Edges Fernie

The Coleman Grands managed to edge the Fernie Rangers 3-2 in overtime on a goal by Walter Tymchyna at 2:05 of the overtime session.

The Fernie Rangers hustled from start to finish to almost upset the Coleman crew.

Chambers in the Fernie net was the outstanding player for Fernie as he stopped many certain goals. Joe Joseph in the Coleman net, although having fewer shots to handle, did a good job in stopping the Fernie squad when the occasion demanded.

Fernie goals both went to Joe Bossio, while Coleman scores were Hegun, Kryczka and Tymchyna.

Both teams worked hard in the first period with Coleman missing out on a half dozen golden opportunities. Joe Bossio finally beat Chambers on a neat goal to the corner from the blue line. The score ended 1-0 in favor of Coleman, although they played short handed most of the period due to some dubious officiating by the Fernie referee.

Fernie came out fighting in the second and tied the game up on a neat goal by Joe Bossio at 6:30. Kryczka put Coleman ahead once more at 8:40 and the score remained at 2-1 in favor of Coleman at the end of the second period.

Both teams pressed in the third period causing some ragged hockey. Joe Bossio finally tied the score at 8:50 and the score remained 2-2 after the third.

Coleman began to press in the overtime period and were rewarded when Walter Tymchyna picked up a loose puck in front of Chambers and rifled a high fast shot into the net which proved to be the winner.

Coleman had seven penalties in the contest while Fernie had six. The Grands next home game will be against the league leading Cranbrook Selkies who handed Coleman their only defeat.

The game will be held at Coleman on Sunday, January 27 at 2:30 p.m. Although collection will be taken the fans are asked to support the team by paying regular admission prices.

Coleman 3, Fernie 2—SUMMARY—

1st period: 1, Coleman, Hegun (Kryczka) 18:30.

2nd period: 2, Fernie, Bossio, 6:30; 3, Coleman, Kryczka (Biegun-Peter) 8:40.

3rd period: 4, Fernie, Bossio (MacNamara) 8:50.

Overtime: 5, Coleman, Tymchyna (Gettman) 2:05.

Penalties: Coleman 7, Fernie 6.

Value of factory shipments in Canada's wool goods industries declined for the third consecutive year in 1954 to \$122,735,000.

More than 90 per cent of British Columbia's vast soft fruit growing industry is concentrated in the Okanagan valley.

Snow removal equipment serves 8,000 miles of highway

The Saskatchewan Department of Highways is well along with the preparation of snow removal equipment which will be used to keep approximately 8,000 miles of the provincial highway system open during the coming winter.

To handle the big maintenance job, the department has 110 units of snow removal equipment representing a capital investment of \$1,400,000. Included are 11 rotary-type snow blowers, nine of which are truck-mounted, and one on a crawler-type tractor. The remainder are V-type plows mounted on motor graders and trucks of from three to 10 tons in size. In addition to the V-blade, the 10-ton trucks carry a snow levelling wing.

All units in the snow removal force, except the rotary and the 10-ton truck plows, are used on other jobs during summer months.

Winter maintenance, which employs from 250 to 300 men, is carried out under the direction of the District Engineer in each of eight highway districts into which Saskatchewan is divided. Roughly 1,000 miles of the provincial highway system is located in each district.

In an effort to give maintenance service when and where it is needed most the department establishes a priority rating for snow removal service on the highway system. Such roads are chosen on the basis of traffic density and community services using the artery. This done, the priority rated roads get attention first after a road-blocking storm, because of the number of people affected.

To facilitate clearing after bad storms, machines are placed at strategic points away from headquarters in some districts. In this way the greatest mileage is cleared in the shortest time, and a minimum of travelling from job to job is done by plows and other maintenance machines.

The highways department does some custom snow removal for rural municipalities as conditions and equipment permit, in addition to maintaining those roads in the provincial highway system.

To keep the public informed of road conditions from day to day during the winter months, the department sends out a daily road report to all interested agencies. Information for the report is telephoned in to head office at Regina each morning by the District Engineers.

GEOFFREY CHAUCER

Geoffrey Chaucer was first to assume the title of poet laureate in England. He received a royal grant of a yearly allowance of wine in 1389.

Warts charmed away

Our men of medicine science are gradually catching up with backwoods medicine and barnyard science.

Encouraging evidence of this progress was contained in the recent speech of Dr. Roy Kile to the American Medical association in which he said that the power to cure by suggestion is "as dramatically presented with warts as with any disease we know."

What the doctor was trying to say was that warts can be charmed away. Any farm boy worth a guard full of stump water could have told him that years ago.

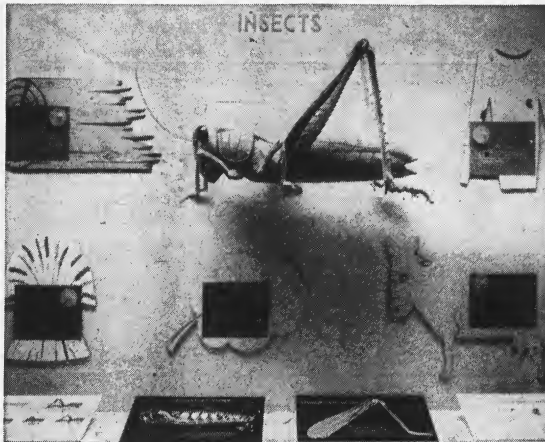
Doctors have suspected for some time that medicine was a poor way to get rid of warts. Writing in Current Therapy for 1951, Dr. Stock Epstein declared that the best treatment for warts on children was psychotherapy (big word for power of suggestion, or charming them off).

Said Dr. Epstein: "The warts are painted with a 10.0 alcoholic solution of gentian violet, which is called 'the electronic war fluid,' in front of the child. The old spark gap diathermy machine is used to make such noise as the wide-spark spark gaps will provide. Naturally, the electronic is not connected to the machine, but it is made to appear as if it were. The child is assured that the warts will probably be gone in three to four weeks. Only in few cases is a second treatment necessary."

That's all right if you happen to have a diathermy machine and a Stock Epstein on hand, but any small town boy with a horse hair and a handy stump can do as well, if not better.

Huckleberry Finn had an elaborate procedure that entailed dead cats and midnight graveyards. The genuine cure, and one respected by any man who grew up outside the benighted confines of a city, consists of taking a hair from the tail of a horse, soaking it in stump water and tying it around the wart. Before the hair roots, the wart will dry up and drop off.

Only the cynical will suggest that the hair, contracting as it dries, cuts off the circulation of blood from the wart.



Insect display case at museum

An insect display has been added to the array of exhibits at the Saskatchewan Museum of Natural History.

The display is highlighted by a giant paper mache replica of a grasshopper, approximately three

feet long and painted in natural colors of the species, giving a realistic effect.

Insects on display are the types that are pests which destroy timber, clothes, wheat and crop roots, and annoy cattle. They include the

bark beetle, the wheat stem sawfly, the lesser migratory grasshopper and the warble fly. Mounted specimens of these types are attached to cards giving information about them.

Valuable information pertaining to metamorphosis, the respiratory system and the various parts of the anatomy of insects is given on large cards in the display.

Insects are found everywhere on the world's land surface. They exceed in variety, numbers and ways any other group of animals. They always have six legs and their bodies are divided into three distinct parts, the head, the thorax and the abdomen.

The larval forms do not develop gradually like soft-skinned animals, but develop from an egg in a series of stages.

Much time, work and effort has been put into the display, which is one of a series of new exhibits, by the staff of the museum, in order to bring the public the best and latest information relating to insects.

Custom of giving old in England

One of the most plausible versions of the origin of the custom of giving gifts at Christmas time is the one saying it began in England.

In the days of the knights, it was custom to hang kissing rings in the great halls. These rings, decorated with mistletoe and beneath them would meet the young knights and ladies, each bringing Christmas roses to their secret love.

As times changed, so did customs, and roses gave way for other personal gifts at Christmas time.

LONGEST COASTLINE

Michigan has the longest coastline of any state in the U.S. Its 3,121-mile shoreline is equal to the Atlantic coastline from Maine to Florida.

Funny and Otherwise

Quizzing a bunch of recruits, the marine sergeant asked: "Jones, when you clean a rifle, what's the first thing you do?" "Look at the number," the man replied promptly.

"Now what six nails has that got to do with cleaning a rifle?" the sergeant demanded.

"Just want to make sure," replied Jones, "that I'm cleaning my own."

In a bookshop presided over by a lover of literature and his devoted by quarrelsome wife, the nine-year-old daughter developed the bad habit of nose-dropping on parental set-tos; then reporting the grim details to favored customers. She challenged one with "Bet you can't guess what Mommy has hanging around her neck all the time?"

"Give up," admitted the customer. The daughter answered, "All of Daddy's dumb relatives."

Motor Salesman: "This car is absolutely the last word."

Customer: "Just suit my wife. If there's anything she loves it's the last word."

Head of Business College: "In teaching shorthand and type-writing, we are strong for accuracy."

"Inquirer: 'How are you on speed?'"

College Head: "Well, of last year's class, six married their employers within six months!"

"Howdy," I said to Absent-Minded Abe the other day. "I hear your wife has had twins. Are they boys or girls?"

"Well, as I recall, one is a boy and one is a girl," Abe said, "but it may be the other way around."

A lady, bragging about her new house, with all the superlatives in the book, finally ended up her oration with "and the bathroom is out of this world!"

Bored Listener: "That makes it slightly inconvenient, doesn't it?"

Christmas once movable feast

Christmas was once like Easter in that it was a movable feast, celebrated on a different date each year.

St. Cyril, bishop of Jerusalem, is responsible for establishment of the universal date we celebrate today. In 337 A.D., with the permission of Pope Junius I, St. Cyril appointed a commission to determine, if possible, the precise date of Christ's nativity. The theologians of the Church finally agreed upon December 25, and since the year 354 this date has been celebrated.

Patterns

Rugs from scraps



by Alice Brooks

NEW RUGS from old rugs! Magic-making instructions tell how to weave, braid, hook, or crochet rugs at 8-0-0 little cost!

Make a rug rug! Pattern 7331 has directions for NINE different rugs; necessary patterns and list of materials included.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

Household Arts Department, Department P.P.L., 60 Front Street W., Toronto.

Two FREE patterns—printed in our ALICE BROOKS Needlecraft book—stunning design for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating hand-work! Send 25 cents for your copy of this wonderful book right away! 2225

Fashions

Sew-easy!



FOR DOLL 14"-22" 4795 TAIL PRINTED PATTERN

This Printed Pattern has everything! 14 different garments for dolls—each just ONE main pattern part—cinch to sew! Jacket, beret, skirt, dress, sash, blouse, jumps, slacks, shorts, play-top, cap, pinafore, petticoat, panties!

Printed Pattern 4795: For dolls 14, 16, 18, 20, 22 inches tall. See pattern for yardage requirements. Directions printed on each tissue pattern part. Easy-to-use, accurate, assures perfect fit. Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

Anne Adams Pattern Dept., Department P.P.L., 60 Front Street W., Toronto.

Be sure to write plainly your Name, Address and Pattern Number.

One bow, made from sashen ribbon, for example, has earned the name of "magic" because it forms the basis for all the flower designs.

Here are the steps for making the magic bow. Using three yards of sashen, make a circle about four inches in diameter. Stick the end of ribbon inside the circle with scotch tape. Wind the remaining ribbon around the circle in a neat roll.

Fold the circle in half making certain that the loose end is folded well over the centre fold. Cut off the corners at the centre fold. Tie securely at the resulting notches with a narrow strip of ribbon. The bow can be stored at this stage.

To give the bow its shape, pull the first inside loop on the right hand side of the bow to the right and with a quick-twist, down towards the centre. Take the second inside loop, pull it to the left, twist and down towards the centre. Continue this procedure until all the loops on the right hand side have been pulled into position. Follow the same order for the loops on the left hand side of the bow. Attach to the package.

For a two-color version of the magic bow, roll together one and a half yards of each color of ribbon. Follow the magic bow directions for pulling out the loops except in this case one loop of each color is pulled to the right and then one of each color to the left hand side of the bow.

A chrysanthemum effect is

Christmas wish

Everything you're hoping for and looking forward to! Everything you're planning on that means the most to you! Everything you're wishing for as Christmas draws so near.

That's why this Christmas greeting comes to those we love so dear.

But all the wishes I could wish for you, Could never half compare our gift that you do receive. Could never just quite last, As the gift our Father gave us on that first Christmas Day. So stop and ponder quietly on that special gift I pray.

Jane Ashley Says

"Use Corn Starch For Tender Cookies!"

CHOCOLATE SHORTBREAD COOKIES

½ cup BENSON'S or CANADA Corn Starch
¾ cup icing sugar
1 cup sifted all-purpose flour
3 tablespoons cocoa
1 cup butter

SIFT together BENSON'S or CANADA Corn Starch, icing sugar, flour and cocoa into bowl. (Have butter at room temperature.)

BLEND butter into dry ingredients with a spoon until a soft dough is formed.

SHAPE into balls about 1-inch in diameter. PLACE on ungreased cookie sheet about 1½ inches apart.

FLATTEN dough with lightly floured fork. BAKE in slow oven (300°F.) 20 to 25 minutes, or until edges of cookies are lightly browned.

YIELD: 3 to 4 dozen.

Note: If dough is very soft, cover and chill ½ hour.



For free folder of other delicious recipes, write to:

Jane Ashley,

Home Service Department, THE CANADA STARCH COMPANY

LIMITED,

P.O. Box 129 Montreal, P.Q.

The Sports Clinic

(An official department of the Canadian Amateur Sport and Physical Fitness Development Service)
By Lloyd Percival

Sport vs stimulants

The old problem of what to do to pep up the athlete keeps cropping up again and again. This department is constantly receiving queries about the use of stimulants and jack-ups in sports—whether they are safe, which are the most effective, and so on.

With the hockey season getting under way, this seems as good a time as any to restate some of the things we have said before about this subject.

As far as Sports College is concerned, there is no harmless artificial compound or drug which should be given to the athlete. We are against such pep-ups as benzedrine, even when it's use has been ok'd by the team doctor.

There are, however, several good natural jack-ups, and we recommend a mixture of tea, honey and orange juice as the best. We have found that four to six ounces of this given about 20 minutes before activity and also between periods when the athlete has recovered from effort and is breathing easily has a definite energizing and refreshing effect.

Proportions are as follows: six bags of tea to a pint of water, brewed for five minutes, the juice of six oranges, plus honey to taste. This should be served at medium temperature, and never ice-cold.

Why you should "keep cool"

Most leading physical education authorities agree that getting angry or emotionally over-excited during a game is detrimental to the athlete. This is one reason why a coach has to be careful when he gives his pre-game and between-period pep talk—there's a definite danger that he can over-stimulate his athletes.

You see, when you get angry

and excited, you develop additional physical power and drive for a short time. But you also lose a certain amount of balance, nerve control, co-ordination and other finer workings of the body, with the result that you make errors which more than counter-balance your increased drive and desire. Then too, such high emotional states are harmful to the digestion and other important bodily functions.

There's no doubt about it—the best state for efficient action is to be calm, cool and relaxed. This doesn't mean that you should develop a "don't care" attitude—merely that your determination and desire should drive you to greater concentration on what you are doing, with a high physical output all the time instead of just occasional wild outbursts of power.

Drownings less in 1956

The Red Cross has released a report on drowning statistics to Oct. 31, 1956, in Saskatchewan.

Drownings dropped sharply from the 1955 all-time high of 83, to 46. The average for the past ten-year period is 46.9 fatalities per year.

The causes of most drownings are much the same each year in Saskatchewan.

Only four of the victims were known to be able to swim. Fifteen persons fell into deep water while wading, and boating claimed ten. Either boats were overloaded, over-powered or improperly operated.

Six aged persons wandered into sloughs and creeks and two small children climbed into water troughs. Two adults drowned when their cars plunged into water.

One life was lost in each of the following cases: swimming alone, swimming from boat to shore, riding a horse through water, and going under a raft while bathing.

New Federal grants to aid Health Services expansion

National grants totalling more than \$100,000 to increase health facilities in two widely-separated areas, are announced by the Department of National Health and Welfare. Grants are for hospital construction, under terms of the National Health Program to strengthen Canada's care and treatment services.

Largest grant, more than \$62,000, contributes to an extensive expansion program at Jean Talon Hospital, Montreal. It is based on the provision of 40 additional beds, 10 bassinets and 26 nurses' beds as well as facilities for a school for nursing assistants. LadySmith, B.C., receives a federal contribution of some \$42,750 for its new 35-bed and eight-bassinet hospital. Its present 30-bed hospital will be torn down when the new facilities are available.

Four-fifths of British Guiana is forest.

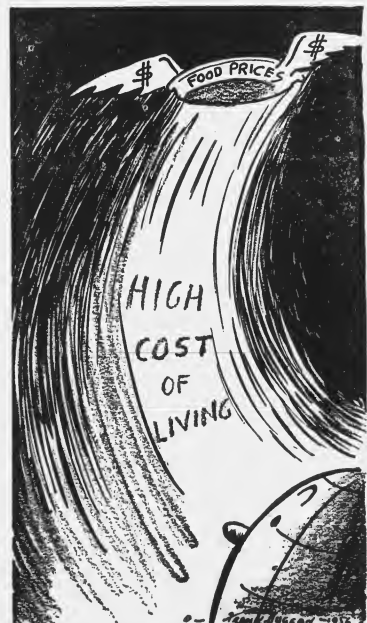
Quick Canadian Quiz

- In which of the provinces were provincial elections held during 1956?
- Which province has the largest area of occupied farm land? Which has the largest farm cash income?
- Since 1939 has the number of Canadians employed in manufacturing increased by 40 percent, 60 percent, 100 percent?
- In what part of Canada has permanent agricultural settlement reached its farthest northern point?
- How many Canadian women now hold paid jobs—400,000, 800,000, or 1,200,000.

ANSWERS TO QUICK QUIZ

- 1,200,000 women now hold paid jobs. 3. By 100 percent; manufacturing now directly supports nearly a third of the population.
1. In Nfld., N.S., N.B., Que., Sask., and B.C. 4. In northwestern Alberta, in the Peace River Valley. 2. Largest area of farmed land, Saskatchewan; largest farm cash income, Ontario.

(Material prepared by the editors of Quick Canadian Facts, the pocket annual of facts about Canada.) 3225



Flying Saucer Identified



Santa Claus is a man of many parts—
A Fourth Century bishop of Asia Minor—
Nicholas, patron saint of Russia—
The patron saint of children—
A jolly old elf with eight tiny reindeer—

Childhood's dream-of-dreams come true—
Legend's balm for a harsh, harried world—
A magician who brings back our youth—
Unadulterated spirit of generosity—
Saint and symbol for all the young-at-heart.



Mexican custom brightens party

If you are planning a Christmas party for the kiddies why not brighten up the affair the Mexican way? Make plans for a "pinata" and we promise it will be the high spot of the gathering.

Widely used in Mexico throughout the year, the pinata is busiest at Christmas time, during the Mexican Christmas Festival which lasts 21 days. It is constructed of thin, fragile clay, filled with sweetmeats and trinkets, then suspended from the ceiling as a form of decoration.

Sometime during the gathering, each of the guests is blindfolded and given a stick which is brandished in the air until the pinata is shattered and the delicious contents pour forth.

HINDERING FIREMEN

Are you an eager beaver when the fire siren sounds? Do you want to get right in there where you can see what's going on and possibly lend a hand?—Then you are one of the people who firemen do not like. The best way to help is to stay well back and keep quiet.

:: GEMS OF THOUGHT ::

CHRISTMAS

Men always have hope of a better world when they see the miracle of Christmas.—Charles Wells.

Christmas is the gentlest, loveliest festival of the revolving year—and yet, for all that, when it speaks, its voice has strong authority.—W. J. Cameron.

The holiest of all holidays are those kept by ourselves in silence and apart, the secret anniversaries of the heart, when the full tide of feeling overflows.—Longfellow.

Heap on more wood!—the wind is chill;

But let it whistle as it will.

We'll keep our Christmas merry still. —Sir Walter Scott.

The basis of Christmas is love loving its enemies, returning good for evil, love that "suffereth long, and is kind."—Mary Baker Eddy.

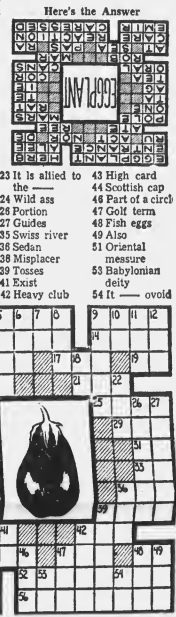
The earth has grown old with its burden of care.

But at Christmas it always is young. —Philip Brooks.

The official name of Rhode Island is the "State of Rhode Island and the Providence Plantations."

:: Weekly Crossword Puzzle ::

Vegetable												
<div style="display: flex; justify-content: space-between;"> <div> <p>HORIZONTAL</p> <p>1 Depleted garden vegetable</p> <p>9 It is the fruit of an East Indian —</p> <p>13 Ingress</p> <p>14 On the sheltered side</p> <p>15 Symbol for ruthenium</p> <p>16 Deed</p> <p>17 Correlative of neither</p> <p>19 From</p> <p>20 Goddess of initiation</p> <p>21 Scottish sheepfold</p> <p>23 Staff</p> <p>25 Planet</p> <p>28 Individual</p> <p>29 Rodent</p> <p>30 Symbol for tantalum</p> <p>31 Tellurium (symbol)</p> <p>32 Symbol for silver</p> <p>33 Id est (ab.)</p> <p>34 Afternoon social event</p> <p>35 Heart</p> <p>37 Verbal</p> <p>38 Containers</p> <p>40 Steel</p> <p>42 Biennial</p> <p>43 Near</p> <p>45 Body of water</p> <p>47 Dance step</p> <p>48 Egyptian sun god</p> <p>50 Solitude</p> <p>52 Counter-tendency</p> <p>55 Prince</p> <p>56 Frontlet</p> </div> <div> <p>VERTICAL</p> <p>1 Ever (contr.)</p> <p>2 African antelope</p> <p>3 Great (ab.)</p> <p>4 Frigate</p> <p>5 Openwork fabric</p> <p>6 Social insect</p> <p>7 North Carolina (ab.)</p> <p>8 Number</p> <p>9 Seraglio</p> <p>10 Measure of cloth</p> <p>11 Crimson</p> <p>12 Honey-maker</p> <p>13 Correlative of either</p> <p>14 Malt drink</p> <p>15 Auricle</p> <p>16 Part of a circ</p> <p>17 Portion</p> <p>18 Swiss river</p> <p>19 Sedan</p> <p>20 Mischance</p> <p>21 Tosses</p> <p>22 Heavy club</p> <p>23 It is allied to the —</p> <p>24 Wild ass</p> <p>25 Part of a circ</p> <p>26 Fish eggs</p> <p>27 Also</p> <p>28 Oriental</p> <p>29 Babylonian deity</p> <p>30 ovoid</p> </div> </div>												





A. B.C. and M. HOCKEY

**Coleman Grands
VS.
Cranbrook Selkirks**
COLEMAN ARENA

Sunday, January 27th

FACE OFF at 2:30 p.m.

Come Out and Support Your Local Team



Assistant Steward and Janitor Wanted

Applications will be received by the undersigned for the position of Assistant Steward and Janitor. Duties to commence on February 1st, 1957. Applications must be in by January 30th, 1957.

CANADIAN LEGION, B. E. S. L.
Branch No. 9, Coleman, Alberta

Attention Hockey Fans!!

The Coleman Grands Hockey Club will be travelling to Great Falls, Montana, for games on Saturday, Feb. 16th, and Sunday, Feb. 17th at 2 p.m.

RETURN TRIP FARE - \$10.00

Deposits to be in the hands of the Secretary no later than Sunday, Feb. 10th.

DEPARTURE - To be arranged.

POSSIBLE - Friday evening or early Saturday morning (Fans Choice)

RETURN - Sunday.

TED KRYCZKA,
Secretary Coleman Grands Hockey Club

WE PRINT Wedding Invitations

Call in and see our Samples

Wedding Cake Boxes For Sale
The Coleman Journal

COLEMAN ELKS PRIZE BINGO

IN THE
Elks' Hall, Coleman

ON
Fri., Jan. 25th

AT 8 p.m. SHARP

Admission: \$1.00 for 12 Games

BONUS CARDS 25c

\$80 Jackpot to go in 55 Numbers

Also \$25 Cash Prize

AMPLE PARKING SPACE IN LOT AT THE
REAR OF THE BUILDING

Come and get credit for Season's Attendance Jackpot.
Bring your Credit Cards with you.

THE COLEMAN JOURNAL

Published Wednesday at Coleman, Alberta
Authorized as 2nd-Class Mail by the Post Office Department at Ottawa
T. Holstead, Publisher
Member of Canadian Weekly Newspaper Association
Subscription Rates \$3.00 per year, Foreign \$4.00 per year. Single 7c

HAS CANADA NO SHAME

More than 100 persons may be expelled, without compensation, from Samsons Band, Hobbema Indian Agency. They are said to be descendants of three men who, it is alleged, received the Metis land scrip about 70 years ago. These three men with their families were admitted to Indian status about fifty years ago under authority of a Privy Council Order of May, 1901. In addition each was formally accepted under a Letter of Authority issued by the Commissioner of Indian Affairs.

The revised Indian act of 1951, ignoring the Indian Treaties which guaranteed perpetuity of status, and over the protests of the Alberta Indians and tribes elsewhere in Canada, created a new definition of what constitutes a "legal" Indian. The Act further made it possible for any ten members of any Indian Band to lodge a protest at Ottawa against any number of members of the same band. Those protested would be investigated.

Two hearings were held at Hobbema under Commissioner C. H. Grant, Q.C., of Edmonton. Indian Affairs was represented by M. McCrimmon of Ottawa while those under protest were assisted by Mrs. J. C. Gorman of Calgary.

These 118 persons, born and accustomed to live on the reserve, have received formal notice of their expulsion effective early in February. They have one further chance to save themselves from becoming displaced persons. They may appeal to a District Court Judge for a final and conclusive hearing.

This wholesale expulsion matches that of the 1940's, when some hundreds were expelled in the Lesser Slave Lake Agency from Indian status, largely because of alleged illegitimacy or of having some generations back, had ancestors who received land scrip.

Despite protests from the Indian Association itself, from missionary groups, service clubs, farm organizations, Home and School across Canada and others, Hon. J. W. Pickersgill, Minister of Citizenship and Immigration, when questioned in the Commons, airily intimated that these people were "not Indians", and let it go at that.

DO YOU WANT TO GET RICH

Do you want to get rich? There are several careers in Canada that will guarantee it for you, Eric Hutton writes in a National magazine.

Would you like to retire at sixty on about the same salary you earn today? There's a job that will guarantee you that too.

But there's also a job, says Hutton, that will promise to keep you poor and hard-working.

Here are some tips:

If you want to get rich - Be an engineer (\$12,000 a year), a doctor (\$11,000) or a lawyer (\$11,900). But those are just the average figures; at least five hundred Canadian engineers make more than \$27,000 a year, three thousand doctors earn about \$23,000 and at least 1,200 lawyers get more than \$30,000. It takes a while to reach such affluence, however; a PhD in engineering takes seven years in university in a tough course, doctors can spend up to thirteen years after ordinary school to become a specialist, and lawyers need eight years of special training. And they all work long hours.

If you want a secure old age - Be a banker, a civil servant or a member of the armed forces. A banker can retire at sixty on 72 per cent of his salary a year (the pay is improving too - there are 4,500 banking jobs in Canada that pay \$5,000 - \$10,000, plus top executive posts up to \$35,000 - and you get an annual bonus of thirty per cent of your salary). Civil servants

retiring at sixty after 35 years' work get a pension of 70 per cent of their best 10 years' pay. Servicemen retire as young as 43 on \$200 to \$500 a month.

If you don't want to be poor - Stay off the farm says the article. Close to a million Canadians live by farming, but only 40,000 in 1955 reported enough net income (averaging \$3,525 each) to pay income tax. There were fifteen hundred who reported making \$13,000 each, however, and 240 others made an average of \$28,000. Also machinery is taking the backbreak out of farming and for the prairie wheat experts especially living isn't bad - he can work five months and sit in Florida's sun the other seven if his crop and price are good.

Don't overlook factory work, says Hutton: the top-paid men-in-overalls earn up to \$9,000 a year and bricklayers (\$2.66 an hour) make out pretty well too.

Barber Shop & Beauty Parlor Announcement

Mr. Steve Rypien and Mrs. Leona Wakulchik, who have been operating a Barber Shop and Beauty Parlor in the Huffman's Barber Shop for the past few months, wish to announce that they have moved into the basement of the Grand Union Hotel and will be open for business again on

Friday January 25th

A cordial invitation is extended to our old and new customers to call in and look over our new location

WE ARE AGENTS FOR

Lethbridge Laundry and Dry Cleaning
Leave your Laundry and Dry Cleaning with us.

YOUR ALBERTA

THE RESPONSE to this series of advertisements is most gratifying. So much so, it has become necessary to reprint a booklet prepared by the Government outlining the duties and objectives of the various departments serving you. If your request entails mailing of this booklet, please bear with us if it is slow in reaching you. Mailings will be made immediately on receipt from the printer.

AT ONE TIME or another everyone has something to say about education. It's good, or bad, or too much one way or another. Generally, the matter of accommodation of students is to the fore. It might prepare many Alberta residents for the shape of things to come were they to realize that experts forecast a whopping jump in Alberta High School enrollments in the years ahead.

With figures given in THOUSANDS, the following figures of high school enrollment are offered, with future years as estimates:

	1945	1954	1956	1975	1985
Grade X	7.6	9.9	12.2	28.7	33.8
Grade XI	5.8	7.9	14.7	25.3	32.5
Grade XII	5.2	6.3	14.4	22.5	28.6
Totals	18.6	24.1	41.3	76.5	94.9

FIGURES about anyone's type of business except your own are sometimes a bore, and difficult to assimilate. But due to everyone's dependence on food, figures on agricultural production costs are actually everyone's business. The Department of Agriculture made a survey recently on the crop costs per cultivated acre in one Alberta district over the period from 1951 to 1955. The results have sparked many farmers into realizing the importance of the cost of production in profitable farm operations and have created interest in the Farm Planning Program offered by the Extension Service of the Department of Agriculture.

FOR EXAMPLE, in 1951, the total cash expenses such as tractor operating expenses, taxes, buildings, and so on, came to \$10.47 per cultivated acre. In 1955, they were \$7.58 per cultivated acre. In the non-cash expense field, which includes the crop share of depreciation, interest on land investment, farmer's own labor at hired rates, and so on, in 1951 were \$11.71. In 1955 they were \$9.41.

COST per cultivated acre in 1951 was \$22.18; in 1955, \$16.99. The average crop returns for the same years were \$28.62 and \$20.42. The margin of return per acre for risk and management dropped from \$6.44 in 1951 to \$3.43 in 1955.

INTERESTING sidelight is the fact that in 1951, 60 percent of farm cash receipts came from crops, and in 1955 it was 19 percent.

MORE INFORMATION on the Farm Planning Program may be obtained from your District Agriculturist or the Department of Agriculture.

WATCH FOR US NEXT WEEK.

Your Future is Here... In Alberta

GOVERNMENT OF THE PROVINCE OF ALBERTA

CLIP AND MAIL TODAY

PUBLIC RELATIONS OFFICER,
Legislative Buildings, Edmonton, Alberta.

PLEASE SEND ME INFORMATION ON THE FOLLOWING

GOVERNMENT DEPARTMENTS:

☐ AGRICULTURE ☐ FINANCE ☐ MINES AND PETROLEUM ☐ EDUCATION ☐ HEALTH ☐ JUSTICE ☐ LABOR ☐ LAND ☐ NATURAL RESOURCES ☐ PUBLIC WORKS ☐ TRANSPORTATION ☐ TREASURY ☐ VETERANS AFFAIRS ☐ WILDLIFE ☐ YOUTH

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PARK'S

Prompt Delivery

Milk, 6 tns for	.99
Corn Starch, 2 for	.47
Salad Dressing, 32 oz.	.79
Icing Sugar, 2 pounds	.27
Brown Sugar, 2 lb. pkg.	.27
Cube Sugar, 1 pound	.18
Kleenex, reg., 2 for	.43
Kleenex, Jumbo, 2 for	.69
Kleenex, Economy, pkg.	.39
Refills, Wax, 2 rolls for	.65
Fine Cocoanut, 2 pkts.	.35
Graham Wafers, 2 pkts.	.69

Diet Pears or Peaches, 2	.55
Ginger Marmalade, jar	.79
Sa'mon Paramount, half	.57
Soup, Campbell's, Tomato or Pea 4 tins	.59
Scotch Broth, or Chicken 4 tins	.79
Mushroom, Dell Special 4 for	.79
Peas, Prairie Maid, 2 tins	.29
Corn, Country Home, 3 for	.55
Creamettes, 2 lbs.	.53
Rice Krispies, 2 for	.65
Corn Flakes, 2 for	.55
Shredded Wheat, 2 for	.39

SEALY'S 76th ANNIVERSARY SALE

ONCE AGAIN DRASTICALLY REDUCED

Sealy's Natural Rest Mattress
Regularly Sold for \$59.50
SALE, ONLY **\$39.95**

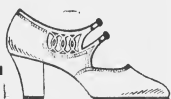
Sealy's Natural Rest Deluxe Mattress
\$69.50 Value
SALE, ONLY **\$49.95**

NOW ON DISPLAY AT THE

MODERN ELECTRICR. A. Montalbetti, Prop. Phone 3647, Coleman
Hardware and Furniture "Everything Electrical"**Ladies Dresses**

2
For the Price of
1

Ladies Shoes
Clearing Out At
\$1.50 a pair

**Freeman's Ltd.**

Main Street, Coleman

Annual General Meeting

of the

Coleman Savings & Credit Union

will be held in the

ITALIAN HALL, COLEMAN, on

SUNDAY, JANUARY 27

at 7.30 p. m.

All members and all others interested are cordially invited to attend this meeting

Let The Journal Handle Your Printing

try every year through forged and raised cheques.

The booklet outlines the methods of various swindlers and what to do to stop them.

It is written on the theme: "Strangers are not always crooks, but crooks are usually strangers." Enlarging on this it warns merchants to be extremely careful in cashing cheques for strangers. The rigid rules followed by most banks are outlined and recommended.

The booklet also outlines the difference between counterfeit bills and coins and the real thing and gives merchants simple methods of determining which is the real thing.

Grand Chief Installs Coleman Pythian Sisters

Special guest of the regular January meeting of Progressive Temple No. 3, Pythian Sisters, Coleman, was Grand Chief Mrs. Rae Thompson of Innisfail.

She was introduced and presented with a corsage by Sis Helen Hopkins, MEC.

After a very inspiring address on the principals of our order, our MEC presented her with a gift on behalf of the members.

Installation of the 1957 officers also took place at this meeting. Installing officer was Sis. Amy Penney, assisted by Sisters Ethel Hill and Edie Wilson, acting as grand manager and senior respectively.

Officers for 1957 include:

Sisters Helen Hopkins, Past Chief; Frances Bartoletti, Most Ex. Chief; Nellie Hotte, Ex. Senior; Phyllis Jones, Ex. Junior; Margaret Johnson, manager; Helen Neddo, secretary; Alma Roushead, treasurer; Mary Bosma, Protector; Amy Milley, Outer Guard; Evelyn Hopkins, pianist.

Sis. Rose Lant presented Sis. Helen Hopkins, our retiring MEC, with a bouquet of flowers from her 1956 officers.

Sis. Penney also presented her with her Past Chiefs pin and certificate to which she gave her thanks.

Sis. Evelyn Hopkins was also presented with a gift, in appreciation of her work as pianist.

The re-obligation ceremony was then exemplified for the Grand Chief Rae Thompson, to which she expressed her thanks, after which a banquet was served by the committee.

"TIDE RIPS"

By Jim Brahan

Blue and White might never have evolved as the official colors of the Navy, but for the whim of a very fashionable lady.

King George II, of England, who loved the sight of a well-turned ankle, spotted the Duchess of Bedford riding in the park on Sunday morning, prettily rigged out in a dark blue and white riding habit. The king was so smitten by the picture presented by the beautiful duchess, he decided to make Blue and White the official colors of the Royal Navy.

The actual order was dated April 13, 1748. No patterns of uniforms were sent to the various naval bases, but all were lodged with Navy officers in London.

Being totally at a loss as to the uniform pattern for naval officers created quite a problem to the ship's captains. Some of the captains neglected to wear uniforms at all, but dressed themselves in plain black coats, and wore white top hats. One captain, although he wore a blue jacket, had made it so thin his breeches showed through.

The women, some of whom sailed in those days with their husbands, were not exempt from being uniformly dressed. However as with their men, no pattern was issued. One admiral's wife insisted on wearing a dark blue monkey jacket. Others, who were handy with a needle, created some classic looking uniforms.

This problem, like all others, took care of itself with time, and it was not long before a standard dress pattern was established for all naval officers.

Uniforms for the men did not appear in naval regulations for another 100 years. There had been many efforts made long before to effect a standard dress for seamen but they never amounted to anything.

Many of the men were dressed according to their captain's fancy. Some ships being under Scottish commanders had their boat's crews wear plaid tam-o-shanters, while others dressed their barge crews in bright red.

New freedom for the Queen

Should the Queen be relieved of some of her perpetual social duties and be allowed to take a more active part in Commonwealth affairs?

"Consider the stupid ritual of court presentation for debutantes, and the London Season. It is an absurd custom, its practical aspects long lost. Yet the Queen is obliged to lend, not only the dignity of her Crown but — what is worst — her invaluable time, to this vulgar fo-tol-dol."

"Other hundreds of hours are spent in such unproductive functions as opening bazaars, laying cornerstones, walking through factories and listening to interminable speeches by longwinded petty bureaucrats."

With these almost intolerable limitations on her private and domestic life, she makes the most of the effective powers that have been left to her. She has all the advantages of radio, television and movies, as well as fast transportation to make her personality felt.

The magazine article suggests that the Queen should sit in on Commonwealth conferences, at least as a referee and advisor. She would be the only person present whose opinions were formed from first-hand knowledge of all the Commonwealth countries and whose mind was totally unwarped by political considerations.

The time has come again says a national magazine to bend the institution of monarchy to the shape of the modern world and a Commonwealth whose character is subtly changing almost daily. The idea of a Commonwealth Queen who is known simply as "The Queen of England" is no longer acceptable. She must be in fact the Queen of Canada and of Australia and of all the Dominions and colonies, whose subjects owe her their loyalty.

This is a new and grave responsibility for a young Queen, admits the magazine, but no one in the world is better equipped with courage, judgment, skill and knowledge to undertake it. She has an active and retentive mind and her advice will be increasingly useful to the succession of governments in Britain and will lend stability to the procession of Prime Ministers as her father's did before her. If she were allowed to take up residence for extended periods among her subjects overseas, the individual Commonwealth Prime Ministers could make use of her advice and direction.

Yet there are serious problems to be cleared away before the Crown can become all it should be in the Commonwealth, but nevertheless the Queen is working harder than any other monarch in history. She is showing that royalty is one of the Commonwealth's greatest assets.

In Memorium

DZUREK — In Loving Memory of Our Dear Sister Annie, Who Passed Away January 16, 1954: The flowers we placed upon her grave.

May winter and decay. But the love for her who sleeps beneath

Will never fade away. Ever remembered and sadly missed by Alex and Janet Kaspaka and family of Mercoal, Alberta.

Notice To Creditors And Claimants

In the estate of John Youschick, late of Coleman, Alberta, retired, deceased.

Notice is hereby given that all persons having claims upon the estate of the above named John Youschick who died on the 28th day of November, 1956, are required to file with the undersigned by the 15th day of March, 1957, a full statement duly verified of their claims and of any securities held by them, and that after that date the executor will distribute the assets of the deceased among the parties entitled thereto having regard only to the claims of which notice has been so filed or which have been brought to his knowledge.

Dated this 10th day of January, 1957.

T. J. COSTIGAN,
Solicitor for the Executor,
Blairmore, Alberta.

**Attend Church**

St. Alban's Church

— COLEMAN —
Rev. F. A. Dykes, B.A., B.D.
Rector

Sunday, January 27
11 a.m.—Holy Communion.
11 a.m.—Sunday School.
Tuesday, 4 p.m.—Junior Auxiliary.
Saturday, 4.15 p.m.—Choir Practice.

ST. PAUL'S United Church

— COLEMAN —
Rev. R. MacAulay, Minister

Sunday
10 a.m.—Church Service.
11.15 a.m.—Sunday School
7.00 p.m.—Church Service
2nd Monday of each month at 7.30—Good Will W. A.
3rd Monday of each month at 7.30 p.m.—Men's Club.
Tuesday, 7.30 p.m., C.G.I.T.
Wednesday, 3.30 p.m., Mission Band.
Thursday, 6 p.m., Junior Choir Practice.
1st Thursday of month at 7.30 p.m., Senior Ladies Group.
Friday, 3 p.m., Explorers.
6 p.m., Tyros.

SALVATION ARMY

Services for 1957
Sundays
11 a.m.—Sunday School for all ages. Transportation supplied for children, just Telephone 3740.
7.30 p.m.—Salvation Meeting. Home League during week on various nights.
Fridays
3 p.m.—Hobby classes for boys and girls, in this we welcome help from adults.
7.30 p.m.—Educational pictures and program for all ages.
Other announcements will be made later.

Classified Ads

FOR SALE

1 McClary Combination Range coal and wood and propane, very good condition, 1 Chesterfield and chair, tri light, 2 sets of maple bunk beds. Terms arranged. Can be seen at Ray Bohle. Apply to Mrs. Stuart Paul, Box 1050, Banff, Alberta.

PUPPIES—Purebred German Shepherd Puppies, unregistered. Phone 2764, Blairmore. 1np

BUILDING CONTRACTORS

Builders' Headquarters
Celli's Building Supplies

Central Service

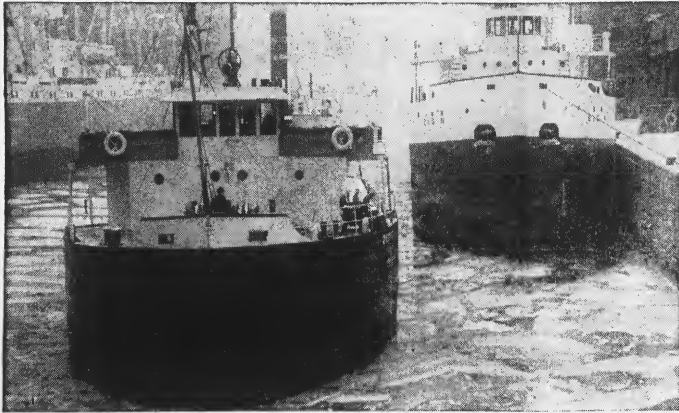
Bellevue, Alberta

When you need the MOTOR OIL you use, call and see us, we handle 26 of the most finest Canadian and American Brands.



The Coleman Journal

World Happenings In Pictures



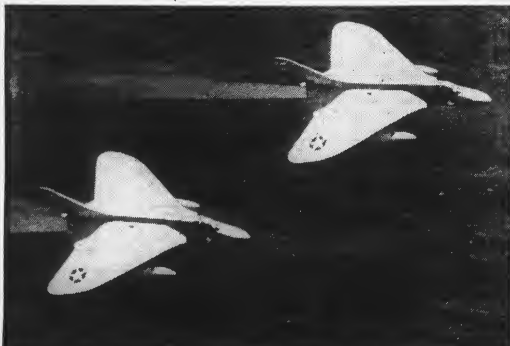
RECORD YEAR — The grain-laden canal ship George M. Carl, St. Lawrence River traffic and with some 75 ships berthed in Montreal noses her way through ice-clogged Montreal harbor as the port prepares to close down for the season. 1956 has been a record year for winter takes over.



FROM SLOOP TO LINER FOR ATLANTIC CROSSING—After a solo westward crossing of the North Atlantic in a 21 foot sloop this summer, former Royal Navy officer Peter Hamilton made the trip the easy way this time. He arrived in Saint John, N.B., aboard the liner Empress of France. Married in November he was accompanied by his bride. He plans to sail from Canada's west coast next spring in his 21-foot sailboat, which is now in Montreal. With his bride as crew he will continue to circumnavigate the globe.



FAITH ON WHEELS—The mobile chapel which Pope Pius XII dispatched from Rome to minister to the spiritual needs of Hungarian refugees is shown at Eisenstadt, Austria, where a Hungarian-speaking priest reads the first mass in the rear of the "bus-church".



JET FIGHTERS—Two U.S. Navy F4D jet fighters wing low over the ocean in formation flight. Heat waves from jet exhausts create blurred areas behind. The planes carry disposable fuel tanks beneath wings.



DOUGLOMAT — Putting on the dog in top hat, tails (well, one tail anyhow) and pants (he's been running), this envoy extraordinaire "travels" between planes at an air terminal in Miami, Fla. The pooch, passport and all, was on his way to join Hugh Woodward, at the U.S. Embassy in La Paz, Bolivia.



PIE IN HER EYE — Georgine Johnson, vice-president of the sophomore class at UCLA, is shown with the remains of mud and pie on her face, after the annual pie-eating contest with the freshmen. Guess which class won.



HAIR HISTORY—History takes on a new look in this Berlin, Germany, hairdresser's version of what a lady of the Napoleonic era looked like. Striking coiffure was created at a hairdressers' contest under the theme "Modernized Historical Styles".



IRENE RELAXES—Canada's Irene MacDonald who finished third in the over all Olympic three metre diving, relaxes by the side of the pool in Melbourne as Ron Smith of Coffeyville, Kan., strums on a ukelele.



SHE CLINGS TO HER "CATCH"—Susan Oden, 11, of Houston, Tex., hugs her father, Virgil, 48, following a fishing trip which nearly ended in tragedy. A passing boat pitched her father and her uncle, Harold, 46, overboard but Susan managed to stay aboard. She turned the boat around and headed for the men. Harold grabbed the side, slowing the craft down and helped Virgil get over the side. Then Susan and her dad brought Harold over the side.

Christmas eve nonsense

THE CLOCK in the hallway chimed one, two and three. I heard something creaking as plain as could be. I opened my eye that was nearest the door.

To see if old Santa was pacing the floor; And then, like a mouse creeping out of its hole I crawled out of bed and so softly I stole

To where the sound came from; when up went the blind With a terrible bang, and there rushed to my mind The thought that old Santa had slipped on the roof Or Dunder or Blitzen had injured a hool.

And back to the refuge of bedclothes I flew And stared at the windows, as frightened boys do.

Then, in came a hobbyhorse, black as the night— A teddy bear riding him, guided by light That came from the stars and the grinning old moon Who laughed when he saw how I shivered. But soon I sat up in bed and I laughed with him too, For in came a hopping a green kangaroo, An elephant spinning a little boy's top, A dragonfly drinking a bottle of "pop". On rollerskates rolled in a small jersey cow That mooed at me loudly, and then made a bow; A donkey was singing sweet songs to a bug That sat on his eyebrow while weaving a rug.

A flea on the window sill opened a book And laughed at the jokes till his little sides shook; A funny fat bumblebee flew to the door Then turned twenty somersaults over the floor.

A fish that was drinking some lemonade rode On a wheelbarrow pushed by a blinking old toad; A musical hippo was making a din By playing a tune on a new mandolin;

And then, with a laugh that aroused the whole town, Old Santa jumped in and the blind tumbled down; And I was so pleased that I uttered a scream, And woke myself up from a little boy's dream.

—William J. Cowls.

editorials... from other weekly papers

(These are not necessarily the views of the editor of this paper)

Teachers' salary increases

(The Leader, St. James, Man.—Nov. 15, 1956)

Local news of the week is chiefly about schools and the cost of education, not excluding the demands of the teaching staff for increased salaries, and the hopes of the latter in this connection.

Elsewhere we have given the schedule of teacher salary requests for the year 1957 in the various classes. Class I to Class VI. Classes I-III include mean Grade XII standing, 1st and 2nd and 3rd year university respectively, each with one year at Normal School. Class IV means a B.A. degree with one year at Normal. Class V means an M.A. degree with one year at Normal, and Class VI means M.A. and M.Ed. degrees possessed.

The proposals, in addition to the basic minimum and maximum salaries in each class, can be given as follows, with our attempts at clarification.

Any teacher coming on to the staff to be on a probationary period for two years.

Credits for partial work towards a university degree to be allowed at \$40 per course. Presumably this means that a course at summer school tending towards the teacher's B.A. or B.Sc. degree would qualify for an additional \$40 for the year.

Credits of \$40 per year are to be allowed for the teacher with completed professional course, such, presumably, as a specified art, home economics, etc. It is specified in this respect that no course taken prior to 1945 shall be considered. Remuneration for such professional courses is to apply over and above the maximum salary range in such class.

A dependant's allowance of \$300 "in accordance with the Income Tax Act." It is news to us that the Income Tax Act specifies that teachers are to be paid an allowance of \$300 for dependants, but presumably a married teacher male or female would have his or her dependant's allowance under the Income Tax Act paid for by an extra allowance to his or her salary. It would appear as if the teachers are certainly out to minimize the chances of the teacher with many dependants getting on to our school staffs, or conversely, to make the taxpayer pay heavily for the privilege of having a family man or woman teach his children.

A fifth "fringe benefit" would appear to be quite reasonable in allowing maternity leave when necessary and presumably means that the teacher in question would return at any time to the staff with the same standing as when leaving.

A long-service increment is asked for Class I teachers with 20 or more years experience who are asked to be allowed to be advanced to the Class II maximum by normal annual increments. (The normal annual increment is \$200 per year in accordance with the existing agreement.)

The present limit of "30" units" to be wiped out in considering a principal's administrative allowance. On the present basis a principal in charge of a school with 1500 children would receive no more than a principal in charge of a school with 800 children, which would appear to be somewhat unreasonable.

These, then, are the 1957 salary schedules for the teachers on the staffs of St. James school. It might be noted that in the case of Class I teachers, the minimum asked for is \$100 more than the Winnipeg teachers are asking, although all other basic minima are lower than the Winnipeg schedule, always conceded to be highest in the province. The total increase asked for in the basic salaries for the various classes of teachers will amount to \$110,759.00, with an additional \$11,700.00 for dependant's allowance. The total increase for this year will amount to \$148,759.00, which, however, includes the normal increments which they would receive according to existing contracts amounting to \$26,300.00.

It is difficult to justify the demands of the teachers that an amount equal to the dependant's allowance of \$300 under the Income Tax Act should be paid to them in addition to salaries. There is absolutely no reason existing making the teaching profession exempt from income tax and thereby creating a privileged class of citizens.

It is not difficult to have a good deal of sympathy for the demands of the teaching profession for higher salaries when one considers, for instance, the salaries paid to professional entertainers appearing on T.V., in relation to the earnings of other people in much more responsible professions, such, for instance, as the teacher.

We appear, to say the least, to be living in an age where values are twisted and distorted out of all reason when it comes to remuneration for service rendered.

It is only correct to note that the various extras for additional courses have not been calculated in the totals given as the increase in taxation which will be necessitated should the teachers' requests be granted. It should also be noted that the two new schools now in the building will require an additional staff of about 15 teachers, or a further, approximately \$50,000.00 for 1957.

Holiday proclamations

(The News, Virden, Alberta—Nov. 21, 1956)

Something that should be clarified is the matter of holidays, especially if the holiday falls on a Sunday and the following Monday is declared the official holiday. For instance, Remembrance Day, November 11, was on a Sunday. Premier Manning issued a proclamation that on Monday, November 12, would be a holiday in Alberta and that all public buildings, offices, banks and schools would close for the day (except of course, the faithful telephone staffs who are on the job 24 hours a day the year round). It seems that stores and business places are exempt from such a proclamation. In some towns and cities there was business as usual, other towns closing for the day. This caused considerable confusion and irritation, both for the business interests and the public. A proclamation such as issued by the premier should have some teeth in it for the whole province and not only a section of it.

Another milestone

(The Herald Tribune, Grand Prairie, Alberta—Nov. 20, 1956)

Recent stress laid on the value of adequate road signs in Alberta by Highways Minister Gordon Taylor will come as a welcome note to many residents of the "Peace." In this respect, northern highways could certainly find room for general improvement.

The highways minister, making mention of the matter last week, said that most signs in the province are too small to be readily noticed by passing motorists. While there are few who would dispute this statement, numerous residents of the Peace River country have frequently noted the lack of directional and mileage posts in most cases along routes yet comparatively improved.

No matter what one's personal opinion of the condition of B.C. highways, the traveller who ventures into the B.C. Block must admit that those on the west side of the provincial boundary are ahead of us in placing of adequate road signs. Even second-grade market roads, some barely touched by gravel, bear their quota of directional signposts at key junction points.

In such a situation, even the most unfamiliar passer-by is able to find his destination, even if it be on an insignificant country road.

In the Alberta portion of the "Peace" Country, nearly all highways have lived here for a period of longer than five years will admit that the improvement of travel routes in the north has been little short of phenomenal. A good system of road signs would better enable travellers to make use of these now-improved travel links.

In some sections of the district where an arterial road touches near all centres along the way, the lack of road signs is not noticeable. In other regions, where settlements are more scattered, finding a remote store or post office in some secluded district can be fairly frustrating.

Announcement that the highway department is now turning special attention toward better road signs will be a welcome one to most residents in the north. (Peace River Record-Gazette)

People are wonderful

(Empire Advance, Virden, Man.—Nov. 21, 1956)

People in rural areas, in small towns like Virden, depend a great deal on each other. They live closer together than do citizens of the big cities where neighborliness is almost unknown.

Sometimes this very closeness becomes an aggravation and for a time sparks fly, usually over some minor disagreement. But when need arises, in times of trouble or of rejoicing, when a community project has to be undertaken, then the togetherness of rural and small town people has real meaning. It is wonderful how people can co-operate to get things done, to bring comfort in sorrow, to share in life's great moments.

Virden is fortunate that it has not become too big for most people to know most other people... at least here people can and do know their neighbors.

There is a friendliness in our town so different from the cold unconcern of big city people. In the metropolis one's friends are relatively few and certainly far between. Here everyone is a potential friend.

People are wonderful and (of course we are) people are wonderful and (of this we are sure) people in smaller centres are more wonderful than anybody.

Handkerchief once badge of rank

IN THE HOME WORKSHOP

For young doll mother

Here is a doll buggy to be proud of. Adjustable top. Stylish lines. Modern and gay. Pattern 221 gives



list of materials; actual-size cutting guides; step-by-step directions for making and finishing. Enclose 35c with name and address.

Rocking with music is a special delight that any Home Workshop may give a small girl or boy. Pattern 430, which has actual-size cutting guides and directions, will



be mailed for 35c. A list of sources of supply for musical movements will be included. This pattern is one of five in the Child-Pleaser Packet for \$1.50.

Address order to: Home Workshop Patterns, Department F.P.L., 4433 West 5th Avenue, Vancouver, B.C.

An item of convenience, and sometimes decoration, that is taken for granted by modern men and women was considered a badge of rank and class by Europeans of the 14th, 15th and 16th century. The simple handkerchief in those days was considered as indispensable to the lady of fashion as her jewels.

These extravagant "mouchoirs"—decorated with deep borders of finest lace—were carried strictly for "show." Personal hygiene was not an important part of the lives of Renaissance ladies and their methods of laundering were too drastic for even some of the sturdier fabric not to mention lace.

The first handkerchief was probably the Roman "sudarium," which was used to wipe the perspiration from Roman faces and to hold in front of the mouth to prevent the spread of infection.

These hygienic and thoughtful uses were discarded in the dark and dirty middle ages when the kerchief was used only as an extravagant accessory to rank and fashion.

At first white—or as close to white as could be attained in those days—was the standard color for handkerchiefs. The practice of snuff-taking enhanced the popularity of colored handkerchiefs since snuff stains were camouflaged by the colors.

Today, with approximately 3,000 synthetic dyes available and speedy and economical printing methods, modern men and women have an infinite variety of dyed and color-printed handkerchiefs to choose from.

The good staple in Tibet is a flour made from roast barley mixed with butter.

Veteran weekly editor honored at Wolseley

By HAROLD LONGMAN

Ed Scrivner, dean of Saskatchewan's weekly newspaper editors, and mayor of Wolseley, was honored by representatives of a grateful town he has served for half a century.

Mr. Scrivner marked his 50th year in business here and his 50th as a weekly newspaperman. His length of service in this field has only been surpassed by one other man in the province—his old friend John Scott, who edited the Whitehead Herald for 55 years before retiring a short time ago.

Representatives of the Wolseley Chamber of Commerce, fellow-businessmen and members of the weekly press, were guests at an informal reception and dinner in the Wolseley hotel in his honor and at which he was presented with a gift marking the occasion. The event was sponsored by the chamber.

"You have to have a little something extra to survive so long in the weekly newspaper business," Bert McKay, editor of the Moosehorn World-Spectator, and President of the Saskatchewan Weekly Newspaper Association said in congratulating Mr. Scrivner. "I will consider this one of the outstanding things in my term of office, being able to attend this function to honor such a valued member of this community and of our association," he said.

Cliff Ashfield, editor of the Tribune, said that Mr. Scrivner's long service to the community was a fine example to all. He was born in 1906, came west and on a tip from a fellow traveller came to Wolseley 50 years ago where he worked for the original publisher of the News. Upon his death a few days later Mr. Scrivner took over the paper which he still publishes, now with the help of his son Harry.

In 1907 he returned to Hastings where he married Lillie Rogers and brought her west with him. She died in 1955. They raised a family of five, three daughters and two sons. Harry works with his father at Wolseley, Rogers lives in Edmonton, Dorothy works in Regina and Mrs. H. Thompson and her family live nearby at Wolseley. The third daughter, Mrs. R. S. Moore lives in Brandon.

In his years at Wolseley Mr. Scrivner has been active in local affairs serving 18 years on council. He was mayor in 1914 to 1916, again in the twenties, once more in the thirties, and has filled the post again since 1954. He was elected again this year for another two-year term.

It was during his term of office in 1955 that Wolseley became the first town south of the Qu'Appelle valley to install a water and sewer system in 30 years. To Ed Scrivner goes much of the credit. His own considerable personality and the influence of his paper, it is said, had much to do with putting it over.

Construction and renovation at the Manitoba Home for Mental Defectives, Portage la Prairie, neared the million-dollar mark for the year with the awarding of a \$103,800 contract for a 72-bed addition.

Hon. R. W. Bend, health minister, said that at the same time space for another 20 beds will be provided through alterations. These 92 beds, are for the boys' portion of the school. In addition, another \$100,000 is being earmarked for furnishings.

Announcement of the contract came as the province was completing construction of a \$600,000, 155-bed addition to the girls' section of the school. Along with this money went another \$116,000 to extend laundry and heating facilities.

All these additions will boost the present bed space of 850 to over 1,000 beds.

Work will begin immediately on the boys' addition and will be completed by July. The girls' addition is expected to be ready for occupancy in a month's time.

The banana plant is not a tree but a huge herbaceous plant which grows as high as 30 feet.

BACKACHE May be Warning

Backache is often caused by lax kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, doubled red or that tired-out and heavy-headed feeling may soon follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulates the kidneys to normal action. Then you feel better—sleep better—work better. Get Dodd's Kidney Pills now.



EXPORT CANADA'S FINEST CIGARETTE

Personalities IN THE NEWS

The ladies of the Royal Purple will hold a Spring Tea on March 16th in the Elks hall, Coleman.

This Sunday night in St. Paul's United Church at Coleman, the subject of the current series of National Nights will be Hungary. A special collection will be taken at the Friendly Hour after church for Hungarian relief.

Mrs. M. Antle is visiting at Calgary as a guest of her sister, Mrs. A. Macleod.

Mrs. Lorenz of Pincher Creek won the rug recently raffled by Victoria Rebekah Lodge with ticket number 130.

Mr. and Mrs. W. Makin, who have been residing in Coleman for some months, returned to take up residence in their home in Hillcrest.

Mr. and Mrs. C. Huffman have returned after six months holiday spent in Hinton, Cranbrook and Vancouver points.

Coleman patients in the C.N.P. hospital are Mrs. D. Sudworth, Mrs. W. Blyth, Mrs. W. Bennet and Mr. W. Smith.

Word has been received from Mr. and Mrs. Percy Dickieson now residing in Calgary. They send best wishes to old friends in Coleman.

T. B. Northfield, Optometrist, will be in Coleman at the Grand Union Hotel, all day Friday, Feb. 8th, 1937. Calgary address, 721-4th. S. W.

Maurice W. Cooke, formerly of Coleman, and now residing in Kimberley, recently underwent an operation in the McDougall Memorial Hospital in Kimberley. His condition is reported as satisfactory. He is to have a second operation in approximately four weeks. His many friends in Coleman wish him a very speedy and healthy recovery.

Mrs. Rae Thompson of Innisfail, was the guest of Mrs. S. Penney while visiting in the Pass.

Friends of Mr. Pete Meronluk, formerly of Coleman, now residing in Turin, extend their heartfelt sympathy to him and his family in the loss of his father, Fred Meronluk, who died in Lethbridge last week.

Fernand Pinotti has left for Calgary, where he will live for an extended time with his grandmother, Mrs. A. Mary.

Mrs. Wilfred Hoyle of Ottawa, is visiting at the home of her parents, Mr. and Mrs. J. Allen. Mrs. Allen is still a patient in the Crows Nest Pass Hospital, but we hope to see her out and around again real soon.

Mrs. C. Patton, an old-timer of the Lundbreck district, is a patient in the Crows Nest Pass Hospital. Her many friends in the Pass wish her a speedy recovery.

Another former Coleman resident suffered a severe loss last week when Mrs. E. McCartney of Calgary received word of the death of her brother, Mr. Horace Gosselive of Vancouver. Deepest sympathy is extended to her by her friends in Coleman.

Mrs. T. Genario is a patient in the Crows Nest Pass Hospital. We hope to see her out and around again real soon.

Springhill Coal Mine Survivors Work Here

(Pincher Creek ECHO)

Joseph Lees and Jerry Davies, survivors of the Springhill, N.S. mine disaster, are now employed in Pincher Creek and happy they are working in southern Alberta, according to information gleaned from Mr. Lees' cousin, John L. Lees of Warner, where the two men visited recently.

Mr. Lees was a member of the rescue workers at Springhill, and an employee of the mine but had not gone to work that day. The man who replaced him died.

Jerry Davis was trapped in the mine from Thursday until the following Monday. He was fifth from the last taken out, and after a few hours rest in the hospital he was released.

Both Mr. Lees and Mr. Davies plan to bring their families here as soon as convenient.

Roxy Theatre

A Famous Players Affiliate

COMING ATTRACTIONS

Thursday and Friday, January 24th and 25th

"Hell on Frisco Bay"

Alan Ladd · Edward G. Robinson

He had guts...A grudge...And two deadly fists...Alan Ladd swears vengeance on the man who framed him... From prison gates to the waterfront, he followed the bloody trail.

Drama · CinemaScope · Warner Color

Saturday and Monday, January 26th and 28th

"Canyon River"

George Montgomery · Marcia Henderson

It's a ramblin', rustlin', romantic tale of the Oregon Frontier...Cattle rustlers, Indians neither is as dangerous as the motives of a greedy man...can a man betray a friend who saved his life.

Western · CinemaScope · Technicolor

Matinee on Saturday at 2 p.m.

and Chapter No. 2 of serial "RIDING WITH BUFFALO BILL" at Matinee Only.

Tuesday and Wednesday, January 29th and 30th

"These Wilder Years"

James Cagney · Barbara Stanwyck

With his millions, he could buy anything—except the love of her son...should a man be loyal to those who gave him love or a father who turned up 20 years too late?

DRAMA · ADULT

FACTS OF LIFE



DO FISH SWIM BACKWARDS? FISH CAN AND OCCASIONALLY DO BACK UP IN THE WATER, TOO. KING OF THE SEA CAN DO BOTH LONG.

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The Coleman Pharmacy features

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Everything in our Down-Stairs
Department on Sale

This is a good opportunity to save on Winter
Coats, Dresses and other wearing apparel

KLEENEX —
Reg. Size 2 for 39¢
Men's Size 2 for 69¢

PINK KLEENEX —
Economy pkg. 35¢

SCOTTIE'S FACIAL
TISSUES —
Economy pkg. 33¢

WESTMINSTER TOILET
ROLLS —
4 Large Rolls 47¢

FREEZER PAPER —
50 feet, pkg. 69¢

WAX PAPER REFILLS—
50 feet Rolls 2 for 55¢

ALUMINUM FOIL
WRAP —
25 feet rolls 29¢

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SPECIAL — INSTANT MILKO — 3-lb. pkg. makes 12 quarts of Milk with 15¢ Coupon — pkg. \$1.25

STRAWBERRY JAM — H. and P. It's Good.
and our Price is right —
2-lb. Tin each 79¢ — 4-lb. tin each \$1.39

MILK — Your Choice of Brand 6 tall tins 99¢

JIFFY PAPER TOWELS

Large Rolls 29¢

WHITE PAPER

NAPKINS —

Box of 50 19¢

SOS SCOURING PADS—

Large size box of 10 for 29¢

EMERY CLOTH —

Assorted grits, pkg. 25¢

DRANO —

Opens Clogged Drains per tin 35¢

SANI FLUSH —

New thrift size tin each 53¢

SWIFT'S HOUSEHOLD

CLEANSER —

Save 2¢ a tin 3 tins 53¢

SUGAR---B. C. Pure Cane. Prices will be higher. 5 lbs. 69¢, 10 lbs. - \$1.35

CHOCOLATE PUFFS — Paulin's, Fresh Stock pkg. 45¢	SODA BISCUITS — Salted or Plain, 2-lb. pkg. 65¢	DAD'S COOKIES — Coconut or Oatmeal, Fresh, pkg. 29¢	GRAHAM WAFERS — IBC or Christie's pkg. 35¢	VANILLA WAFERS — Paulin's, Fresh, pkg. 29¢
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CIGARETTES---Your Choice, per carton of 200 for - \$2.98

Nabob Coffee Special — pound \$1.19	Pineapple — Dole's Tidbits or Crushed, 10-oz. tins 3 for 59¢
Lipton's Finest Orange Pekoe Tea Special — lb. \$1.29	Pears — Aylmer, Fancy Bartlett's, 15-oz. tins 2 for 55¢
Chase & Sanborn's Instant Coffee — large jar \$1.89	Peaches — Castle Crest Fancy, 15-oz. tins 2 for 59¢
Nestle's Quik — Chocolate drink — 1-lb. tin 65¢	Peaches — Castle Crest, fancy, 20-oz. tins 2 for 69¢
Lipton's Chicken Noodle Soup Special 2 pkgs. 25¢	Peaches — Libby's, fancy sliced, 15-oz. tins 2 for 59¢
Kraft Dinner — Quick cooking 2 pkgs. 33¢	Strawberries — Aylmer fancy, 10-oz. tins 2 for 39¢
Tomato or Vegetable Soup—Aylmer 3 tins 45¢	Raspberries — Choice, 15-oz. tins 2 for 69¢
Cream of Oyster Soup — Aylmer 2 tins 43¢	Fruit Cocktail — Dole's fancy, 20-oz. tin 42¢
Pork and Beans — Aylmer, Boston Style 2 tins 39¢	Apricots — Pride of Okanagan, 15-oz. tins 2 for 59¢
3 Fruit Marmalade — Empress pure, 2-lb. tin 47¢	Peas — Mighty Mammoth fancy, 20-oz. tins 2 for 49¢
Orange Marmalade — H. and P. pure — 4-lb. tin 83¢	Whole Kernel Corn — Green Giant fancy 2 for 45¢
Honey — Alpha Liquid — 2-lb. jar 79¢	Beans—Green or Wax, Cut, Fancy, 20-oz. tins 2 for 45¢
Honey — Alpha Creamed — 2-lb. Tub 69¢	Beans—Green or Wax, cut, fancy, 15-oz. tins 2 for 39¢
Honey Butter — Cherry Hill, 41-oz. tub 45¢	Sauer Kraut — Libby's fancy, 28-oz. tins 2 for 59¢
Lemon Cheese — Nabob, Dandy on Toast — jar 33¢	Sauer Kraut — Libby's fancy, 15-oz. tins 2 for 39¢
Maple Syrup — Old Colony, pure, jug 79¢	Spinach — Libby's fancy, 20-oz. tin 25¢
Waffle Syrup — Nabob, 33-oz. Bottle 49¢	Asparagus Tips — Aylmer, fancy, tin 45¢
Pancake Flour — Aunt Jemima's — pkg. 29¢	Corn — Fancy, Cream style, 20-oz. tins 2 for 45¢
Pancake Flour — Coyote, 7-lb. Sack 75¢	Tomatoes — Vanity Fair, choice, 20-oz. tins 2 for 53¢

SPECIAL---Jello Instant Puddings, Lemon, Chocolate, Butterscotch, 3 pkgs. - 29¢

SPECIAL WOODBURY FACIAL SOAP 3 Bath Size 33¢	SPECIAL LUX TOILET SOAP 2 bath size 26¢	IVORY TOILET SOAP Personal Size, 29¢	SPECIAL JERGEN'S LOTION MILD TOILET SOAP 5 Regular Size 35¢
SPECIAL CASHMERE BOUQUET SOAP 4 Regular size for 29¢	SPECIAL SWEETHEART TOILET SOAP 3 regular size 28¢	PALMOLIVE SOAP SPECIAL 4 Regular Size 39¢	KIRK CASTILE 2 Large Cakes 28¢

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